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APPENDIX III

NORMS FOR PHYSICAL
EFFICIENCY TESTS
(BOYS AND GIRLS)

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INTRODUCTION

The Central Advisory Board of Physical Education and Recreation, at its meeting at New Delhi on 23rd and 24th December, 1954, appointed a Sub-Committee, consisting of the following, to investigate and prescribe Norms of Physical Fitness for children (for boys and girls separately) between the age-groups of 10 plus to 17 plus :—

- (i) Shri G. D. Sondhi,
Honorary Adviser (Youth Welfare), (Convenor)
Ministry of Education,
New Delhi.
- (ii) Shri P.M. Joseph,
Principal,
Government Training Institute of Physical Education,
Kandivali—(Bombay).
- (iii) Shri C. C. Abraham,
Principal,
Y.M.C.A. College of Physical Education,

Madras.

The objectives behind these Tests were that these tests should be the minimum targets which all children, except those exempted on medical grounds, must reach for general physical efficiency. The children should be able to satisfy the minimum standard prescribed for their age-groups. Therefore, no record making tests were contemplated showing brilliance of performance, agility, strength and skill. The Board agreed that the collected data would form the basis for standardised tests for the country as a whole.

The Sub-Committee held its first meeting on 24th December, 1954 and submitted its interim report to the Board on the same day. After some general discussion the Board decided that before the Tests were finally laid down, data should be collected from various States by administering certain Experimental Tests to 40 children picked up at random. It was further decided by the Board that these Experimental Tests should be administered to boys and girls separately, starting from the age-group of 10 plus to 17 plus.

These norms of physical fitness recommended by the Sub-Committee are to be reached as a result of a regular programme of physical activities in schools.

The task of prescribing these norms proved more difficult than had been anticipated. The data regarding the performance abilities of boys and girls which was collected from different States revealed great inconsistencies and obvious inaccuracies. The Sub-Committee endeavoured to make the best use it could of the data collected, but it should be noted that the data collected is defective. Where inaccuracies were obvious and irreconcilable, the Sub-Committee had to fix standards in a somewhat arbitrary fashion, but care has been taken to err on the side of low standards so that they are certain to be within the reach of any normal boy or girl with some effort and practice. The Sub-Committee recommends at the same time that, after one or two years of trial all over the country, when sufficient data becomes available, these Norms should be revised.

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DESCRIPTION AND TESTING

PROCEDURE OF PHYSICAL EFFICIENCY TESTS

Tests for Boys

(1) 50 Meters Run

Facilities :

1. A 50 yards strip of even ground at least 4 feet wide.
2. A stop watch.
3. A flag.
4. Chunam.

Description :

The runner may take the 'crouch start' or the 'standing start'. It would be advisable to take a crouch start. On the command 'On your mark' the runner will take his or her position behind the starting line. On the command 'Ready' the runner will get ready to run. On the command 'Go' the runner will start running forward. To enable the runners to run straight, a lane 4' wide may be marked by 2 lines.

Testing Procedure :

- (a) Establish a starting line and a finish line exactly 50 Meters apart.
- (b) Assign one among the group as the starter. The starter should get the runner ready behind the starting line and start the run as indicated in the Description—'On your mark'—'Ready' 'Go' On 'go' he also signals the start by smartly dropping the flag he has held overhead.
- (c) Assign one as the recorder (d) The leader will stand at the finish line with the stop watch in hand (e) The leader will then blow a whistle as a signal to start the race (f) The starter will then get the runner ready behind the starting line and start the race. (g) When the competitor breasts an imaginary tape over the finish line, the watch should be stopped (h) Announce the time to the nearest fiftieth of a second and record.

100 yards sprint :

For the 100 Meters Run the same procedure as in the 50 Meters Run may be adopted. The time taken by each runner to complete 100 Meters may be recorded.

(2) High Jump

Facilities :

- (1) A jumping pit filled with sand.
- (2) Proper High jump Standards.
- (3) Cross bar—either a straight bamboo or a wooden bar.
- (4) Tape.

Description

The competitor shall not knock off or dislodge the cross-bar with the hands or any part of his body, nor pass the perpendicular plane of the cross-bar in attempting a jump. Such attempt constitutes a trial and should be counted against. The cross-bar for high jump may be a wooden cross-bar or a bamboo cross-bar.

Testing Procedure

(a) Set the standards at the edge of the jumping pit at a distance of 10-12 feet apart and place a straight bamboo or wooden cross bar at a measured height. (b) The competitor may adopt any style of jumping. He may approach the bar from any direction. (c) Three trials are allowed at each height. The cross bar is raised evenly one inch at a time when every jumper has completed the height (either failed, or cleared successfully). If a jumper knocks down the bar consecutively three times he is eliminated. (d) The best height cleared is recorded.

(3) Long Jump

Facilities

- (1) A landing Pit 6—9 ft. wide, 16—18 ft. long, 12"—18" deep filled with sand.
- (2) A "Take off" board or a line marked at 5 ft. from the edge of the pit.

Description

The distance jumped is measured at right angles to the nearest break in the ground made by any part of the body of the contestant to the edge of the take-off board or the line nearest to the pit. It is a foul, if any contestant touches the ground beyond the take-off board or line, with any part of his body. Such jump shall not be measured but it shall be counted against the competitor.

Testing Procedure

(a) See that the sand in the pit is level. (b) If there is no take-off board, make a take-off-line at a suitable distance from the pit. (c) Assign two judges to assist in measuring the jumps. (d) Each contestant is to be given three trials, the best of the three trials is the record for the contestant. (e) The leader must watch the take-off-board or line for fouls, also read the tape and record. The 0 mark of the tape should be held at the place of landing and readings taken at the take-off board, at the edge nearer the pit.

(4) Cricket Ball Throw

Facilities

1. 3 to 4 Cricket Balls.
2. Measuring tape.

3. Throwing line.
4. Paper and pins or stones.

Description

From behind the throwing line a cricket ball is thrown. The distance between the line and the point where the ball fell is measured and this is the thrower's record. Measurement should be made perpendicular to the throwing line extended.

Procedure

(a) Mark the throwing line with a runway of 50 to 100 ft. (b) The thrower makes the throw from behind this line. (c) He throws the ball into the fair field with an over hand throw (Girls may be permitted to throw underhand, but they must be encouraged to throw overhand). (d) If in the act of throwing or after, the throwing line is stepped upon or the fair field is touched by any of the body, it is treated as foul. A foul throw is not measured but is to be treated as a trial. (e) Three trials are allowed to each person. (f) The best distance is credited to the individual (g) The running or standing start may be employed.

(5) Chin-ups

Facilities

Horizontal bar

Description

A horizontal bar or a bamboo pole, tied or fixed horizontally at a suitable height may be used for conducting this test. The contestant must grasp the bar or the pole with an ordinary grasp with knuckles to the face with arms fully extended and legs hanging freely. From this position he pulls himself up, till the arms are completely bent at the elbows and the chin goes above the bar and comes to a straight arm hang. This is repeated as many times as possible.

Testing Procedure

(a) The contestant must start from the straight arm position. (b) The chinning over the bar must be observed. (c) The feet must not be allowed to touch the ground. (d) Only one trial shall be allowed. (e) The number of completed pull-ups is recorded. (f) Count loudly as each pull-up is completed.

(6) Baithak

Description

This is an indigenous exercise done in a variety of ways. For testing purpose the ordinary baithak is to be used. This is done as follows. Standing with feet about 8"—12" apart, bend the arms with a downward sweep and do a full knee bend and then immediately come to the standing position. Repeat this movement as many times as prescribed.



Testing Procedure

- (a) Demonstrate the ordinary baithak. (b) Take one contestant at a time. (c) The number of beithaks done by each contestant is recorded. (d) Count each baithak as it is completed.

(7) Dands

Description

Dands are also done in a variety of ways. In this case the ordinary (seedha) dand is used. The distance between the hands should be that between the two shoulders and that between the feet 50 p.c. greater.

Testing Procedure

- (a) Demonstrate the ordinary dand. (b) Take one contestant at a time. (c) Count each dand as it is completed. (d) Record the total dands completed.

Tests for Girls

For 50 meters run, throwing the cricket ball and long jump, the descriptions and testing procedures given for these items for the boys' tests will be followed.

(1) Skipping on the spot in 30 seconds

Facilities

- (1) Skipping rope (to be adjusted to individual's requirements.) Provide different lengths or knot up to shorten.
(2) Stop watch.

Description

The contestant will hold a skipping rope in both hands and adjust the rope. The number of times she is able to skip over the rope as it is swung round the body is recorded.

Testing Procedure

- (a) The contestant may be asked to get hold of the rope and get ready. (b) She may be given one or two trails before taking the test. (c) The competitor is then asked to get ready and then the command 'Go' or 'Begin' is given. (d) Start the watch as soon as the command 'Go' is given. (e) Count the number of successful skips made in 30 seconds. (f) Incomplete or broken skips are not to be counted. (g) Two trails may be given and the best performance recorded.

(2) Tennis Ball Bouncing in 30 Seconds

Facilities

1. Old Tennis Balls.
2. Stop Watch.
3. Smooth floor preferably an indoor floor.
4. A 20 ft. circle in diameter.

Description

Use an old tennis ball. A circle 20 feet in diameter may be marked.

The ground or floor must be smooth and even. The contestant may be asked to bounce the tennis ball with either hand continuously.

Testing Procedure

- (a) The contestant may be asked to practise bouncing once or twice.
- (b) On the word 'Go' or 'Begin' the contestant may start the tennis ball bouncing.
- (c) Start the watch as soon as the command 'Go' is given.
- (d) Count the number of successful bouncings in 30 seconds.
- (e) The ball should not go outside the 20 feet circle during the bouncing. If it does, it must be brought back into the circle and the bouncing started over again. All bounces outside the circle, if any, should be ignored.
- (f) Two trials may be given and the best performance recorded.

(3) Sit Ups in 30 seconds

Facilities

- (1) A smooth floor preferably with a mat or carpet to lie upon.
- (2) A fixed bar 4 inches above the floor. The lowest rung of wall bars, or the cross bar of a heavy table, stool or chair
- (3) Stop Watch.

Description

The contestant will lie on her back with the arms locked behind the neck and the feet held fast by inserting them under the bar provided.

The starting position for this exercise is lying down with arms bent fingers locked and placed on the nape of neck. Elbow resting on the ground. Feet fixed under a firm bar to prevent them from being lifted in the act of sitting up. Knees should be straight and on the floor throughout.

From this lying down position the girl raises herself to the sitting up position, twists the trunk to left, bends forward to touch the left knee with the right elbow. From here the individual returns to lying down position. All this constitutes one sit up. The same is repeated again but the trunk is now twisted to the right and the left elbow is brought to the right knee. Returning to the lying down position makes the second sit-up. Thus starting from lying down, coming up to the sitting, twisting, bending forward, and then back to starting position will alone make a complete sit up. Only completed sit-ups are scored, against the prescribed time i.e. 30 Seconds.

Testing Procedure

- (a) Demonstrate how the sit-ups is to be done.
- (b) Ask the contestant to take the lying down position with the arms locked behind the neck and the feet held fast.
- (c) On the command 'Go' the contestant will start the sit-ups.
- (d) Start the watch as soon as the contestant begins the first sit-up.
- (e) Count each sit-up as it is completed.
- (f) Record and total

sit-ups completed in 30 seconds. (g) Be sure that each sit-up is completed before beginning the next one. (h) Incomplete sit-ups may not be counted.

PHYSICAL EFFICIENCY TESTS BOYS AND GIRLS

Boys

Items	Standards for each Age Group					
	10 yrs.	11 yrs.	12 yrs.			
50 Meters Run	9.2 sec.	9 Secs.	8.7 Secs.			
High Jump	2'-7"	2'-9"	2'-11"			
Long Jump	8'-0"	8'-6"	9'-0"			
Cricket Ball						
Throw	75'-0"	85'-0"	95'-0"			
	13 yrs.	14 yrs.	15 yrs.	16 yrs.	17 yrs.	17+
100 Meters Run	17 Secs.	16.5Secs.	16 Secs.	15.5 Secs.	15.2 Secs.	15 Secs.
High Jump	3'-0"	3'-2"	3'-4"	3'-6"	3'-8"	3'-10"
Long Jump	10'-0"	10'-6"	11'-0"	11'-6"	12'-0"	12'-6"
Cricket Ball-						
Throw	105 ft.	115 ft.	125 ft.	135 ft.	150 ft.	160 ft.
Chin Ups	1		3	4	5	6
Dands	10	15	20	25	30	40
Baithaks	20	30	40	50	60	80

Girls

	10 yrs.	11 yrs.	12 yrs.	13 yrs.	
50 Meters Run	9.5 Secs.	9.3 Secs.	9.1 Secs.	8.9 Secs.	
Skipping-30					
Seconds	35	40	45	50	
Ball Bouncing-					
30 Secs.	35	40	45	50	
Cricket Ball-					
Throw	35'	40'	45'	50'	
Sit Ups-30 Secs.	8	10	12	14	
	14 yrs.	15 yrs.	16 yrs.	17 yrs.	17+
100 Meters Run	10 Secs.	18.7 Secs.	18.5 Secs.	18.3 Secs.	18 Secs.
Cricket Ball					
Throw	52'-0"	55'-0"	58'-0"	61'-0"	65'-0"
Long Jump	7'-0"	7'-6"	7'-9"	8'-0"	8'-3"
Sit Ups	20	22	24	26	28
(1 Minute)					



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